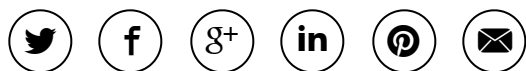


# Cosmetic Surgeon Dr. Richard E. Buckley Announces Top Anti-Aging Cosmetic Treatments for Men and Women in Their 30s

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According to the recent AAFPRS survey, millennials in their 30s are fueling the growth of cosmetic treatments. MilfordMD cosmetic surgeon Dr. Richard E. Buckley reveals his top anti-aging treatments that help prevent the appearance of aging in your 30s.

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Compared to 2013, the average number of cosmetic surgical procedures has almost doubled, and Botox injections increased 22%, with the growing demand for cosmetic procedures being linked to Millennials (now 22-37 years old), according to The American Academy of Facial Plastic and Reconstructive Surgery (AAFP RS) annual survey. “No matter how good your skincare products are, life starts to show up on the face in your 30s,” says Dr. Richard E. Buckley, Medical Director and Cosmetic Surgeon at MilfordMD Cosmetic Dermatology Surgery & Laser Center. “The collagen and elastin production drop-off that starts in your late 20s has set the stage for wrinkles and skin sagging in your 30s.” It is a combination of these aging factors coupled with more people being educated on the aging process, the treatments available to help reduce the signs of aging, and an increase in celebrities sharing their favorite cosmetic treatments that has more 30-somethings flocking to cosmetic surgeons, like Dr. Buckley.

After 30, more drastic changes occur in the skin, such as volume loss, dryness, fine lines and wrinkles and an increase in pigmentation. “While it is ideal to start an anti-aging regimen in your early 20s, there are still a lot of great options for minimizing the effects of aging in your 30s if you haven’t,” states Dr. Buckley. “It’s important to continue treatments



Richard E. Buckley, MD

According to AAFPRS survey, millennials in their 30s are fueling the growth of cosmetic treatments. Dr. Richard E. Buckley reveals the best anti-aging treatments for men and women in their 30s.

“Getting older is inevitable but looking older

started in the 20s, such as a good at-home skincare routine; wrinkle prevention/correction using muscle relaxers, such as Botox, Dysport, and Xeomin; and skin rejuvenation treatments, such as facials, peels, microneedling, and microdermabrasion. But as the face loses volume (especially in the cheeks), shows more pigmentation, and starts to sag, the recommended treatments also include replenishing volume, color correction, tightening, and lifting.”

To restore facial volume and minimize the appearance and creation of fine lines and wrinkles in your 30s, Dr. Buckley typically recommends a combination of dermal fillers, such as Restylane and Juvederm, with neuromodulators like **Botox** and Dysport. “Starting in the late 20s and early 30s, the supporting structures of the skin start to decrease. This results in volume loss, skin sagging and wrinkles. While these changes may be more subtle throughout the 30s, we can proactively start to correct the main areas that will otherwise start to show these signs of aging. This includes replenishing volume loss in the cheeks, filling in nasolabial folds and marionette lines, and reducing muscle activity in the forehead, between the eyebrows, and around the eyes to reduce or prevent the creation of new facial lines,” says Dr. Buckley. Botox and Dysport injections smooth out existing fine lines and wrinkles while helping prevent the development of new wrinkles by artfully relaxing muscle activity. To replenish lost volume in the face, hyaluronic acid dermal fillers are used. To address volume loss in the cheeks, which becomes more visible as one gets closer to 40, MilfordMD offers a wide range of fillers, such as Juvederm, Restylane, Sculptra or Radiesse, or Dr. Buckley can utilize a **living fat transfer graft to restore volume** using the client’s own fat instead of or in addition to synthetic material.

“As people get into their 30s, due to slower cell turnover and decades of sun exposure, we start to see more pigmentation come to the surface of the face and an increase in dryness and dead cells on the surface of the skin. To help with these effects of aging, we use a combination of treatments, such as HydraFacial MD and laser light treatments, such as IPL PhotoFacials and skin resurfacing,” says Dr. Buckley.

HydraFacial MD is a non-invasive skin resurfacing treatment that combines cleansing, exfoliation, extraction, hydration and antioxidant protection. It smooths and hydrates the surface of the skin, as well as improve the appearance of fine lines, wrinkles, enlarged pores, hyperpigmentation and uneven skin tones. **IPL PhotoFacials** target sun damaged skin by using intense pulsed light that emits a range of wavelengths into the skin. The light energy converts to heat energy and effectively targets and reduces wrinkles, brown and red spots, freckles, sun damage, spider veins, redness and pigment imperfections.

“As you approach 30, elastin and collagen, which are the proteins that maintain skin elasticity and firmness, begin to decrease. This loss in structural integrity of the dermis results in sagging of the facial skin. For many individuals in their 30s, the sagging is not drastic but it’s important to start treating this early to minimize this effect of aging. Energy-based devices, such as Thermage and Ultherapy are great to proactively prevent facial skin sagging,” says Dr. Buckley. To get the best results, Dr. Buckley often combines Thermage, a skin radiofrequency (RF) tightening treatment, with Ultherapy (HIFU – highly focused ultrasound), a skin lifting treatment. **Thermage**, the gold-standard radiofrequency skin tightening device, noninvasively tightens skin, helps renew facial contours and stimulates new collagen. Ultherapy is a noninvasive ultrasonic energy device that safely and effectively helps reduce the appearance of deep lines and wrinkles while lifting the skin.

“What’s great about addressing aging in your 30s is that there’s so much we can do today to rejuvenate the skin without downtime or surgery,” says Dr. Buckley. “It’s a time to focus on preventing fine lines from

doesn’t have to be. By proactively addressing the changes that occur under the skin in our 30s with specific cosmetic treatments, you can slow the aging process and prolong your vibrant, youthful appearance.”

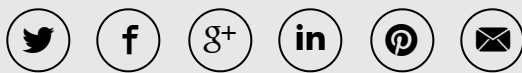
developing and addressing volume loss and discoloration due to sun damage. At the MilfordMD nationally accredited AAAHC cosmetic center, we have all the tools to help clients proactively avert much of the visible effects of the aging process.”

About [MilfordMD Cosmetic Dermatology Surgery & Laser Center](#):

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its AAAHC nationally accredited surgical center and extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania’s MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Board Certified Physicians, Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (570) 491-1962. For real patient video testimonials, follow MilfordMD on [Instagram](#) and [Facebook](#), and visit our [MilfordMD YouTube channel](#).

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